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Pair seriously hurt after altercation

CRIME A man and a woman are in hospital with life-threatening injuries after an altercation in the area of Bank Street and Athlans Avenue south of Hunt Club Road early yesterday morning.

Emergency units responded to a call at around 1:45 a.m. and found a woman in the area of Bank Street and Albion Road, bleeding profusely.

A man found a short distance away on Leveida Street was also bleeding.

Both were transported to the Ottawa Trauma Centre.

The Ottawa Police Major Crime Unit continues to investigate the incident.

TIM WIECLAWSKI/METRO OTTAWA

News on the Move

What's this barcode for?
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SCAN LIFE

Celebrity Buzz pg 18



Gaga doesn't want Idol post

On the web

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Four-legged fundraisers and their humans brought in \$185,000 – \$30,000 over last year – at the 21st annual Wiggle Waggle Walkathon yesterday. The event, which organizers called the largest and most successful walkathon ever, is the shelter's biggest fundraiser of the year. Story, page 3.

Dedicated sports volunteers to get time in spotlight

TRACEY TONG
tracey.tong@metronews.ca

RECOGNITION With the 2010 Olympics right around the corner, all eyes are on Canada's athletes, but a new program launched yesterday will honour the unsung heroes who make athletes' successes possible.

Without volunteer coaches, the person who floods the outdoor hockey rink at two in the morning, or the person



Jim Watson

who runs fundraising bingos, many athletes would not be where they are today, said Ottawa West Nepean MPP Jim Watson.

Athletes "get medals and make us proud," he said, "but there are people who allow us to succeed ... These are individuals that work tirelessly without any recog-

nition."

There are 380,000 sports volunteers in Ontario, putting in 167 million hours of volunteer time a year, Watson said.

Until Nov. 13, residents can recognize these people by nominating them for one of 25 community sports awards in each of Ottawa's

eight ridings. Those selected will receive a medal — designed by Watson — and a certificate during a ceremony in January.

"These awards will ... (give) them the recognition they deserve," said Watson.

Residents can submit one-page nominations to their nominee's MPP.

Senators move on

Heatley trade comes as relief

The Ottawa Senators were anything but sad to take to the ice Sunday without Dany Heatley, the best goal-scorer in their history.

It was nothing personal against the disgruntled left-winger, who had his trade request finally granted after a deal was struck Saturday with the San Jose Sharks.

But the end of the summer-long saga came much to the relief of his former teammates and makes the team better, at least in the estimation of captain Daniel Alfredsson.

"I still think we could have worked it out and we would have been OK, but this is obviously something that would have happened eventually, and getting it done earlier is a big plus," Alfredsson said following the team's first on-ice session of training camp.

Even longtime linemate Jason Spezza, Heatley's closest friend on the team, admitted the deal that brings right-winger Jonathan Cheechoo, once a 56-goal

New Sens

• Jonathan Cheechoo, 29, is scheduled to arrive in Ottawa tonight. The arrival of Milan Michalek, 24, may not come until tomorrow because of customs paperwork.

scorer, and left-winger Milan Michalek was in the best interest of all involved. "It was a tough situation for both of us," Spezza said. "He wanted out and I wanted what's best for our club."

The teams also swapped 2010 draft picks, with the Senators giving up a fifth-round selection for San Jose's second-round choice.

Earlier this summer, Heatley claimed he wanted out because of his unhappiness with his diminished role, particularly under coach Cory Clouston. Later, he hinted at personal reasons as the cause. In the end, he never did reveal why he sought a move.

THE CANADIAN PRESS

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Local

Learn about the fur trade

Experience the fortune and the adventure on Canada's path to expansion and development. **Profit and Ambition: The Canadian Fur Trade, 1779-1821**, which opened at the Canadian Museum of Civilization over the weekend, profiles the North West Company, a consortium of Montreal entrepreneurs, Scottish explorers, French-Canadian voyageurs, Métis bison hunters and Aboriginal trappers who laid the groundwork for the Canada we know today.

METRO OTTAWA



News in brief

ASSAULT Police are asking the public to help identify four people after an assault outside a downtown Pizza Pizza last May. In the early hours of May 31, a 22-year-old Ottawa woman was attacked by a group of people near Rideau and Nelson streets. Police seek two black males and two black females, all 18- to 22-years-old.

TRACEY TONG/METRO OTTAWA



WHAT'S ONLINE TODAY

Immigration Guidy Mamann on how to re-enter Canada after receiving a removal order at metronews.ca/immigration

Blogs Celebrity sightings at TIFF and scouting the new looks at New York Fashion Week.

Lotteries

Friday, Sept. 11
 Lotto Super 7: 14, 19, 23, 28, 32, 40 & 46 Bonus 17
Saturday, Sept. 12
 Lotto 6/49: 3, 12, 13, 36, 46 & 48 Bonus 9
Sunday, Sept. 13
 Ontario Pick 3: 1 6 8; Ontario Pick 4: 4 7 5 9
 Encore: 0892770;
 Daily Keno: 8, 11, 14, 17, 21, 23, 28, 31, 32, 33, 41, 42, 48, 49, 51, 54, 55, 59, 61, 64
 These results are not official.

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Thousands run for a reason

Terry Fox organizers encourage participants to think about those touched by cancer

TRACEY TONG
tracey.tong@metronews.ca

Yesterday may have been all about Terry, but many runners and walkers had their own reasons for participating in the 29th annual Ottawa Terry Fox Run yesterday.

And organizers encouraged the 1,500 people to think about the people they knew who were affected as they ran, walked, biked and skated the 10-kilometre course — people like committee member Andre Gauthier, who lost his battle with brain cancer in March at the age of 56, and to whom the run was dedicated; and 19-year-old Misha Garcia, who is currently fighting brain cancer at Roger's House.

Participating in the run



Jessica Desjardins, left, and Kristy Shulist, both of Ottawa, warm up for the Terry Fox Run at Anniversary Park yesterday.

for the sixth year, the seven members of Carol's Pod Chicks were out to honour Carol Lem, a Health Canada worker who died from liver cancer.

"It's one of those diseases that affects everyone one way or another," said Ottawa resident Patricia Hubert, who participated along with Lem's husband,

Doug Cargo, Lem's niece, Caroline Delany, and several co-workers.

Participants raised \$230,000 for the Terry Fox Foundation yesterday —

m.metronews.ca



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slightly up from last year, said run co-chair Jerri Southcott.

The money from the Ottawa event — which has raised \$4 million for the Terry Fox Foundation in previous years — stays in the community.

Dr. Garth Nicholas of the Ottawa Hospital Regional Cancer Centre is leading a study into the early detection of lung cancer.

"The project, and other research like this, is funded as a result of the fundraising we do here," he said.

Walkathon nets \$185K for OHS

TRACEY TONG
tracey.tong@metronews.ca

Times may be tough, but Ottawa residents — of the two and four-legged variety — showed how much they love animals yesterday, raising \$30,000 more for the Ottawa Humane Society than they did last year.

More than 1,500 participants at the 21st annual Wiggle Waggle Walkathon brought in \$185,000 yesterday, making the event the "largest and most successful walkathon ever,"

"We even see people who don't have dogs or who have cats."

Tara Jackson, Ottawa Humane Society

said OHS executive director Bruce Roney.

"In addition to being a fun day, it's also our most important fundraiser of the year and we count on its success to help us care for Ottawa's animals," he said.

"This is a great opportunity for the community to come out and support our work and see all the different kinds of dogs," said

OHS spokeswoman Tara Jackson. "We even see people who don't have dogs or who have cats."

The money raised yesterday goes to all the shelter's programs, including adoptions, resources for abused and neglected animals, community and education programs and the Brightening Lives program, which brings animals into long-term-care facilities.

Locals serve up organic dishes

EVENT Local organic farmers and chefs served up some tasty treats at the Feast of Fields in Vincent Massey Park yesterday.

Around 600 people turned out to sample some of the local organic dishes prepared by the 25 chef and farmer pairings at the event, which is presented by the Ottawa chapter of the Canadian Organic Growers. Event manager Michele Green said the event is intended to give farmers a chance to connect with chefs and consumers in order to expand the local food market, which she said is strong

and growing in Ottawa.

Brad Campeau, owner of B.Goods mobile bakery, was offering samples of cookies he makes with flour from Mountain Path mill near Kemptonville.

Having the producer so close allows Campeau to ensure the freshness and quality of the flour, but he's noticed the local tag also helps get some attention. "We've always used local flour," he said.

"It wasn't a grab for us, but you really do see a lot more people looking for local ingredients. Local definitely is moving."

TIM WIECLAWSKI / METRO OTTAWA



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A southern Ontario man prosecuted for smuggling rare rattlesnakes has been badly bitten by the law on both sides of the border. Emanuele Tesoro has received a \$5,000 US fine and a three-year conditional discharge from a county judge in Lockport, N.Y. He has already drawn \$6,000 in fines and 90 days in jail in Canada for smuggling. **THE CANADIAN PRESS**

Canada



Manifesto draws controversy

Thousands of people gathered on the Plains of Abraham in Quebec City yesterday for a commemoration that became controversial over the inclusion of the FLQ manifesto. The document, read by singer Luck Mervil, left, was broadcast nationwide during the October Crisis by pro-independence kidnappers as a list of demands in exchange for the return of a captured British diplomat. **METRO NEWS SERVICES**

Ottawa Firefighters' memorial



Sarah Larochelle, widow of fallen Varennes, Que., firefighter Mathieu Edmond, kisses her daughter at a national memorial service held on Parliament Hill in Ottawa yesterday. The ceremony was held to honour firefighters killed in the line of duty.

Ottawa's eyes on the scribes

Embedded reporters in Kandahar closely watched, records show

War correspondents covering Canada's efforts in Afghanistan have many faithful followers, but none more faithful than their own government.

Documents obtained by The Canadian Press detail how carefully reporters embedded with the military at Kandahar Airfield are monitored by officers in the field. The reports are then circulated widely to officials back in Ottawa.

The records, obtained under Access to Information legislation, show that what reporters are asking about, what they are writing

"The media may not realize the degree to which they're being watched."

Journalism professor Chris Waddell

and what they have been told are the subject of regular briefing notes shared with everyone from officers in Kandahar to commanders in Ottawa to civilian officials reporting to the prime minister. Chris Waddell, a journalism professor at Carleton University, says nobody should be surprised that reporters are monitored. But the extent of

the effort shows how careful the Tory government is about the message from Afghanistan.

"They want to control the media and want to control what's going on and what's coming out from on the ground in Kandahar," says Waddell.

"The media may not realize the degree to which they're being watched."

Public affairs officers in

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Kandahar and their civilian counterparts are often the only ones embedded reporters can ask for interviews or information, giving them an inside look at what stories have been filed and where reporters are going with inquiries.

THE CANADIAN PRESS

News in brief

TOURISM Industry Minister Tony Clement's office directed bureaucrats to "scrutinize activities" of tourism events up for stimulus funding, just two weeks after Toronto's Gay Pride festival received a federal grant. Documents suggest Clement had a direct hand in dumping cabinet colleague Di-

ane Ablonczy from the helm of the program.

MONTREAL Almost a decade after Andre Livernoche's son was sexually assaulted and murdered by a convicted pedophile, he is getting a chance to demand compensation, in front of a Quebec judge today. **THE CANADIAN PRESS**

POLITICS A critical vote that could bring down the minority Conservative government has been tentatively scheduled for next Friday, sources tell The Canadian Press.

The so-called ways and means motion is usually a routine matter that signals an impending vote on a budget bill, but this time might very well act as the trigger that launches an election.

Conservative sources say the motion is likely to be introduced on Sept. 18, and must be voted on im-

Layton coy

• The man who may hold the fate of the government in his hands continues to be coy on whether his party will prop up the Tories in Parliament this week. NDP leader Jack Layton said yesterday that the party has a chance to force the Conservatives to pay attention to the needs of Canadians.

mediately. Prime Minister Stephen Harper would be ready to visit the Governor General and kick off an

election.

A spokesman for Government House Leader Jay Hill said meanwhile that "the final timing decision has not yet been definitely made."

The Liberals have said they will no longer support the Conservatives, and the Bloc Quebecois seems ready to hit the campaign trail. That leaves the NDP to decide the fate of Parliament, and members there are sounding increasingly skeptical about the chances of a compromise.

THE CANADIAN PRESS

Ruling on B.C. fish may affect at-risk species in Canada

WILDLIFE Legal experts say a new Federal Court ruling on a little-known B.C. fish could affect how the government manages endangered species across the country.

Environmental groups challenged the Fisheries Department in court, arguing a 2006 decision not to include the location of the home streams of the Nooksack dace in a recovery strategy for the fish violated the Species At Risk Act. **THE CANADIAN PRESS**

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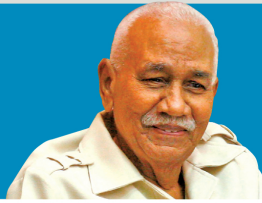
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The U.S. military says a civilian contractor was shot and killed on an American base in Iraq yesterday. **THE ASSOCIATED PRESS**

World



Cuban VP mourned

Tens of thousands of Cubans lined up yesterday to pay their respects to Juan Almeida Bosque, left, a vice-president and hero of the country's 1959 revolution whose death at 82 further thinned the ranks of the communist-run country's old-guard leaders.

THE ASSOCIATED PRESS

Dozens dead after Kazakhstan fire

ALMATY Fire roared through a drug treatment centre in Kazakhstan with a history of safety violations, killing 37 people as patients tried to escape through barred windows, officials said. The blaze broke out late Saturday and quickly spread through the single-story Soviet-era building. About 40 people were evacuated from the building, emergency officials said.

At the city morgue, a sister of one of the victims berated police.

"They came and took him away because he was drinking too much. They said they were taking him away for six months to cure him of alcoholism but now he's dead," she wailed.

There have been almost 10,000 fires in Kazakhstan in the first eight months of 2009, according to government statistics.

THE ASSOCIATED PRESS

'The man who fed the world' dead at 95

Agricultural scientist Norman Borlaug, the father of the "green revolution" who won the Nobel Peace Prize for his role in combating world hunger and saving hundreds of millions of lives, died Saturday in Texas, a Texas A&M University spokeswoman said. He was 95.

Borlaug died Saturday night at his home in Dallas from complications of cancer, school spokeswoman Kathleen Phillips said. Phillips said Borlaug's granddaughter told her about his death. Borlaug was a distinguished professor at the university.

The Nobel committee honoured Borlaug in 1970 for his contributions to high-



Nobel Peace prize winner Norman Borlaug talks in this 2005 file photo.

yield crop varieties and bringing other agricultural innovations to the developing world. Thanks to the green revolution, world food production more than doubled between 1960 and

1990. In Pakistan and India, two of the nations that benefited most from the new crop varieties, grain yields more than quadrupled over the period.

"Norman E. Borlaug saved more lives than any man in human history," said Josette Sheeran, executive director of the UN World Food Program. "His heart was as big as his brilliant mind, but it was his passion and compassion that moved the world."

THE ASSOCIATED PRESS

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Israel, U.S. hoping for middle ground

MIDDLE EAST Israeli Prime Minister Benjamin Netanyahu, speaking on the eve of a key meeting with the White House Mideast envoy, said yesterday that differences remain with the U.S. over resuming peace-making with the Palestinians. Netanyahu delivered the assessment before flying to Cairo for talks with Egypt's president, a main mediator in efforts to restart peace talks. Today he is scheduled to meet George Mitchell, U.S. President Barack Obama's envoy. The Obama administration, with Mitchell as the point man, has been pressing Israel to declare a halt to construction in its West Bank settlements. Palestinians claim the West Bank as part of their future state. Ne-

Peace possibilities

One possible scenario was published yesterday by the Israeli daily Haaretz. It quoted unnamed European diplomats as saying negotiations would concentrate on drawing a border between Israel and a Palestinian state.

tanyahu, whose Likud Party is ideologically committed to expanding settlements and holding on to the West Bank, has been bargaining for a compromise that would allow some building to continue.

Palestinians are insisting they will not resume peace talks until Israel completely stops its West Bank construction. **THE ASSOCIATED PRESS**

Your community has strong roots - keep them growing

Urban property owners of land one hectare or less now need a City permit to remove trees 50 centimetres in diameter or greater.

The City of Ottawa's Urban Tree Conservation By-law, which aims to protect the city's urban forest, is now in effect.

Under the by-law, owners of urban properties one hectare or less in size must obtain a permit from the City to remove a tree that is 50 centimetres (20 inches) in diameter or greater. There is no permit fee.

The by-law does not apply to rural properties, with the exception of a small area in the city's east end between the urban boundary and Ted Kelly Lane.

For further details, to find out how the by-law affects urban properties greater than one hectare, or to obtain a permit, visit ottawa.ca/urbantree, e-mail urbantree@ottawa.ca, call 3-1-1 (TTY: 613-580-2401), or visit a Client Service Centre.

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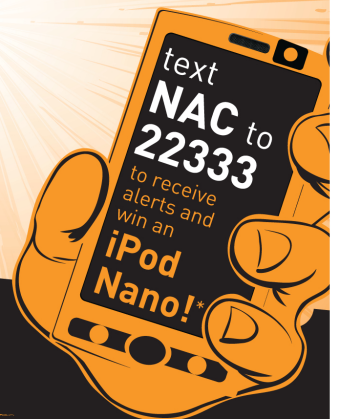
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Elevator catastrophe in Hong Kong

A platform inside an elevator shaft collapsed, sending six workers falling about 20 stories to their deaths inside a skyscraper. **THE ASSOCIATED PRESS**

world 7



A relative of Iraqi journalist Muntadhar al-Zeidi decorates a poster yesterday bearing his photograph in preparation for his release from jail.

Jailed Iraqi shoe tosser returns home

The family of the Iraqi journalist who threw his shoes at former President George W. Bush is preparing a festive welcome for the TV reporter, who is to be released from prison today after nine months behind bars.

At his family's home in Baghdad yesterday, relatives of Muntadhar al-Zeidi were already celebrating, hanging balloons and posters of the reporter on the walls. Al-Zeidi became an icon for many in the Arab world in a single moment last December, when he hurled his shoes at Bush

Celebrated attack

- al-Zeidi's act was widely celebrated, inspiring Internet games and T-shirts and leading some to try to offer their daughters to him in marriage.

during a news conference. In March, al-Zeidi, 30, was convicted of assault. His three-year prison sentence was reduced to one because he had no prior record and now he is to be released three months early for good behaviour.

THE ASSOCIATED PRESS

Democrats want second apology over heckling

WASHINGTON One apology is enough, Republican Rep. Joe Wilson said yesterday, challenging Democratic leaders who want him to say on the House of Representatives floor that he's sorry for yelling "You lie!" during President Barack Obama's health care speech to Congress last Wednesday.

The leadership plans to propose a resolution of disapproval this week if the South Carolina Republican doesn't publicly apologize to Congress.

"I am not going to apologize again," Wilson said, adding that he apologized to Obama on Wednesday.

THE ASSOCIATED PRESS

News in brief

ZIMBABWE The European Union said yesterday it will not remove sanctions targeting longtime President Robert Mugabe and his loyalists or resume development aid until more is done to implement a year-old power-sharing agreement and restore human rights.

THE ASSOCIATED PRESS

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Comment & Views

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Comment

Are you change-ready?

HineSight

Anne Hines

metronews.ca/hinesight

Today I find myself contemplating one of the great truths of existence. The only real constant in life is this: everything changes.

In mid-September, change is everywhere. Leaves turn colour, kids are back at school, life returns to normal. This week I head back to college, completing my training to become a United Church minister. Returning to school in my forties was a huge life change. I knew there would be people in my class who were younger than me. I just didn't realize they would be the teachers.

What's really got me thinking about change is that, recently, I swapped my simple, straightforward, I-love-you-and-just-want-to-make-your-world-a-happier-place word processing program for one that's complex, confusing and appears designed to ensure that whatever I do is accomplished with the greatest possible effort...and cursing.

In computer terms this sort of change is called "an upgrade."

Experts tell us we should, "Approach change in a calm, rational manner, anticipating advantage and welcoming new challenge." They should add, "Also, you should learn to fly."

The fact is, most humans react to change in a similar way.

We don't like it. The only thing we like less than things changing, in fact, is things not changing. Change= hysterical worry-

SunnySide

ing about what life will look like now. No change= total, mind-numbing boredom leading to the devout wish to chew ones own arm off. Bottom line: it sucks to be us.

In order to help readers handle whatever change September brings, here's a handy questionnaire.

"How Change-ready Are You?"

1. Your boss announces a new program of "internal systems restructuring." Do you:

a) Anticipate updating your skills.

b) Anticipate updating your resume.

2. When faced with significant change do you see it as:

a) An exciting opportunity to explore interesting new ways of being.

b) An exciting opportunity to explore interesting

new medications.

3. Change is simply nature's way of:

a) Effecting necessary renewal.

b) Making us all totally crazy.

4. Those best equipped to profit from difficult life changes are:

a) Confident, realistic people.

b) Divorce lawyers.

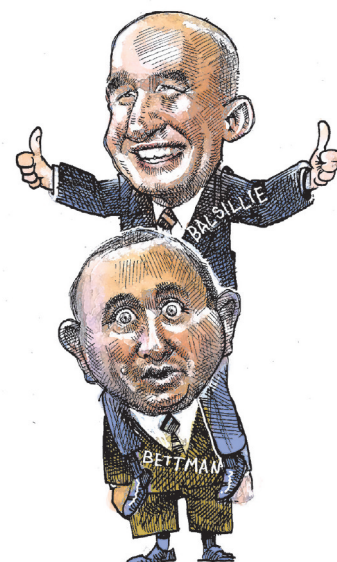
5. To be assured that some things endure and never change, you have only to look at:

a) The deep, abiding spiritual wisdom of the mystics.

b) Those extra five pounds on your hips.

If you answered mostly a), you're well equipped to handle change. If you answered mostly b), you are well equipped to end up hiding under the bed.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MONKEY ON HIS BACK

Worth mentioning

Latest Body Worlds gets a big rise out of Germany

NUDITY German anatomists plan a new show dedicated solely to dead bodies having sex as part of the Body Worlds exhibitions.

"It's not my intention to show certain sexual poses. My goal is really to show the anatomy and the function," Body Worlds creative director Angelina Whalley told Reuters in an interview, adding the sex exhibition may open next year.

Body Worlds exhibitions, visited by 27 million people across the world, have been criticized for presenting entire corpses, stripped of skin to reveal the muscles and organs underneath, in lifelike and often theatrical positions.

The exhibit has already triggered an uproar with a new exhibit which shows



just two copulating corpses.

German politicians called the current "Cycle of Life" show charting conception to old age "revolting" and "unacceptable" when it showed in Berlin earlier this year because it included copulating cadavers.

Body Worlds has been well received in other areas but Whalley said they would consider clothing body parts if requested to.

REUTERS

Views

Greyhounds sits up and begs for lunch

InTransit

Steve Collins

metronews.ca/intransit

Intercity public transportation is an essential service for many, but Greyhound Canada is threatening to cut it off for people who don't live in adequately profitable jurisdictions, unless taxpayers come up with a \$15- to \$20-million bailout.

Manitoba is to lose rural service in October, northwestern Ontario in December. Potentially next on for the chop: Alberta; British Columbia; Saskatchewan; and the Northwest and Yukon Territories.

Some have expressed scepticism about Grey-

hound's financial straits, pointing to the company's snazzy new terminal at Winnipeg International Airport. In return for permission to operate a monopoly on profitable urban routes, provincial governments require Greyhound to serve money-losing rural routes. The former used to compensate for the latter, but now Greyhound complains their lunch is being eaten by discount airlines and the train.

Translation: In places where people have a choice, they don't choose the bus, because the bus, frankly, sucks.

When I have a choice, I take the train. The bus is slower, cramped, not conspicuously cheaper, and customer service? Well, I tend to side with the doubters of Greyhound's tales of woe, partially because as a customer, I have

been lied to by Greyhound.

Usually, it happens on holidays, when there aren't enough buses to carry the passengers. Apparently, these seasonal spikes in demand come as a complete surprise to Greyhound. Every damned year.

One Christmas in Toronto, as we lined up in a deep freeze for the bus, it was clear that not all the passengers were going to fit.

No problem. They assured us another bus was coming to take on the extra passengers. This was not, as it turned out, true, and we ended up spending the night in the crowded terminal.

The ticket agent had to be escorted out of the building by security. People were angry. They were stranded on Christmas, and they'd been lied to.

Last Thanksgiving, the

same thing happened in Pembroke.

The bus for Ottawa, full, passed through. Don't worry, we were told: There's another bus coming in 15 minutes. As the passengers sat there for hours with their useless tickets, that estimate didn't change. Any time anyone asked, another bus was coming in fifteen minutes. Welcome to Godot Bus Lines. The bus is the only public transportation available in Pembroke. VIA service was cut in the 1980s. I prevailed on my parents for a ride back to Ottawa. One passenger started getting a group together to raise \$200 for a taxi. Now whole regions of the country, already without a choice, may be left without a ride. Bad dog, Greyhound.

Steve Collins lives, writes and walks in Ottawa; ottawalatters@metronews.ca

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Students at the University of Winnipeg will have to stock up on reusable bottles as they head back to class this month. The school has banned the supply and sales of bottled water — the first school in Canada to do so. **METRO NEWS SERVICES**

Going Green

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONews.CA



Did you know?

Bottled water is a \$100-billion industry annually, while tap water is more heavily regulated and is virtually free — up to 10,000 times cheaper, the Earth Policy Institute says.

METRO NEWS SERVICES

Water, water everywhere — or is it?

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

It's 1 a.m. and I am awakened by the sound of a running toilet. Laying there listening to the water trickle endlessly, I remember that the baby's diapers need to go in for another wash cycle. Then I try to remember if I paid the unusually large water bill from filling the pool this summer. And there's something else nagging at the back of my mind — oh, yeah,

we're supposed to write about water conservation.

Canada is a fairly wet country. Lakes, reservoirs, and streams cover about seven per cent of our total land surface area. Most Canadians live near a body of water — in fact, most live near the shores of the Great Lakes and St. Lawrence River. Standing on the shore of Lake Ontario it is hard to imagine water as a finite resource. When we turn on the tap, water comes out. What's the problem?

At home, the greatest challenge is providing access to clean and safe drinking water. The needs of people for drinking water compete most strongly with the needs of agriculture for irrigation, and to a lesser extent, the needs of

industry. In fact, around the world, 70 per cent of water extracted for all uses goes to agriculture. When the water is returned through drainage to streams or seepage to aquifers, it is often polluted. The pool of freshwater that can safely be consumed



is shrinking while the population's need for water is growing.

So, what do we do? In wealthy countries, we have two options: Treat water, removing these pollutants, or abandon our polluted freshwater sources and turn to the sea. Water treatment is an energy-intensive enterprise, desalination even more so. So, treating and conserving our freshwater it is. Energy conservation has reached our collective consciousness, but we fail to make the connection between water conservation and energy conservation. We will only appreciate the importance of conserving water when we understand where our water comes from and what the economic and environ-

"When we turn on the tap, water comes out. What's the problem?"

mental costs are.

Beyond our borders, access to safe drinking water cannot be taken for granted. Lack of infrastructure and high energy costs may discourage the treatment of drinking water. The most recent United Nations World Water Report finds that "physical and economic water scarcity and limited or reduced access to water are major challenges facing society and are key factors limiting economic development in many countries." The report also finds that we are not on track to meet the

U.N.'s goal of improved sanitation for most of the world's population. These two factors set the stage for a global water crisis.

Economic development and epidemic prevention in the world's poorest countries, then, requires improved sanitation coupled with conservation practices. Where do we fit in? Obviously, we can provide aid such as capital for infrastructure projects. We can also play a role as consumers. We need to educate ourselves and avoid imported food products that are water resource intensive — that includes bottled water. And I need to fix my toilet.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

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The shower test

Worried your shower head isn't up to eco-friendly snuff? Try this test: If your shower can fill a two-litre jug with water in less than 10 seconds, you need a new shower head, the David Suzuki Foundation suggests. **METRO NEWS SERVICES**

going green **11**

12 ways to save water

There are a variety of reasons why a family would want to reduce their water consumption — save money, avoid taxes, lower energy use, minimize the carbon footprint — but sometimes it's hard to break old habits.

Here are a few helpful suggestions from Canadian government agencies and from bathroom and kitchen manufacturer American Standard.

Half of domestic water consumption takes place in the bathroom.

1 If a tap leaks, fix it. Just a small drip can waste seven buckets of water a day.

2 A low-flow shower head reduces consumption by 25 per cent or more without spoiling your shower experience.

3 The biggest single source of water use in the home is the toilet. Switching to a high efficiency model will cut the total flush by 40 or 50 per cent. Many municipalities will cover part of the cost.

4 Turn the tap off while you are cleaning your teeth or shaving. That's water running to waste. A quick burst to clean your brush or your razor is water well-used.

Most of the rest is used in the kitchen.

5 Again — turn the tap off when the water is running to waste. When hand-washing dishes use a partly filled sink. When washing fruits and vegetables use a sink or bowl. A spray attachment is an economical way of rinsing.

6 Save your dishwasher for full loads. The same applies to your clothes washer. You'll be saving energy as well as water.

7 Drinking lots of water is good for you. Letting the tap run until the water is cold is bad for everyone.

For drinking, keep a container of water cold in your fridge.

How green is your laundry?

8 After a long day at work, tossing your clothes straight into the dirty pile can be tempting. But are those clothes really dirty? Consider wearing the garments one more time before washing them.

9 Front-loading high-efficiency washing machines use much less energy and water than conventional top-loading machines. The money you save from using less energy can offset the higher pricetag of the machine. You can save up to 50 per cent of energy in every load just by switching to cold.

If you have a garden

10 During warm weather, lawns and gardens need the equivalent of 5 mm of rainfall — no more. Much less is required when it's cool.

11 Over-watering in anticipation of a shortage is a waste. The soil won't retain the extra moisture.

12 Brooms sweep driveways better than hoses — it prevents soil, grit and debris that has accumulated and that often contains contaminants from entering our water system and drinking water supply. **NEWS CANADA**

More tips

- Find more water conservation advice at americanstandard.ca, including a water use calculator.



Fixing a leaky tap is just one way to save water and make a world of difference.

Paying \$3 a day for paradise

CREATIVE POLICY The president of the Maldives said he plans a \$3-a-day green tax for all tourists at its popular island resorts to help pay for the country's ambitious goals in fighting climate change.

Since taking office last year, President Mohammed Nasheed has emerged as an important voice on the impact of climate change amid fears that within a century, rising ocean levels could swamp this Indian Ocean archipelago. Its islands average seven feet (2.13 metres) above sea level, making the Maldives the lowest-lying nation on Earth.

Nasheed has announced plans for a fund to buy a new homeland if the 1,192 low-lying coral islands are submerged. He also has promised to make the Maldives, with a population of 350,000, the world's first carbon-neutral nation within a decade.

"The core point is, there's hope. It's not doomed," he said. "We can reverse the situation."

The country's financial constraints have so far kept the government from moving forward with its plan to become carbon neutral, as it awaits foreign investors willing to pay for green development projects.

The \$3-a-day green tax for tourists will be introduced in an effort to make some progress on funding, Nasheed said.

The country's tourism ministry says 683,012 tourists visited the islands in 2008. **THE ASSOCIATED PRESS**

We must act now for jobs • investment • clean energy

Canada's rapidly expanding wind energy industry is providing clean energy, investment, and jobs across Canada with the assistance of the Federal Government's ecoENERGY program.

Natural Resources Minister Lisa Raitt has confirmed this successful program will have allocated all of its funds by fall 2009.

"A green, renewable energy economy isn't some pie-in-the-sky, far-off future — it is **now**. It is creating jobs — **now**... And it can create millions of additional jobs, an entire new industry, if we act — **now**."

— Barack Obama

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Technical workers at Jazz Air have ratified a new three-year contract. The roughly 900 workers, represented by the Canadian Auto Workers, approved the deal by a margin of 61 per cent. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Many live paycheque-to-paycheque: Poll

Nearly 60 per cent of Canadians would have trouble paying the bills if their paycheque was delayed by one week, a new poll suggests.

The Canadian Payroll As-

sociation survey says not only are the majority of Canadians living paycheque-to-paycheque, but they have little ability to put money away for their retirement.

The survey, released today, said 59 per cent of Canadians would have trouble making ends meet if they missed a paycheque.

"We were surprised that people were that close to

the line," said Patrick Culhane, president and CEO of the not-for-profit association.

Culhane said those results are despite the common advice from financial

planners that people should set aside three months of expenses for such items as rent, groceries and monthly bills, in case of an emergency.

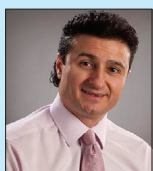
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Tires China mad at U.S. tariffs



A woman with car accessories passes by a tire store in Beijing on Sunday. U.S. President Barack Obama's decision to impose trade penalties on Chinese tires has infuriated Beijing.

Business in brief

DEAL Allen Vanguard Inc., a financially troubled Ottawa-based maker of bomb disposal technology has been acquired by a U.S. private equity firm in a weekend deal.

DISNEY Walt Disney World will embark on a facelift for the Fantasyland area of the Magic Kingdom, in what the resort calls the biggest overhaul in the Florida theme park's 38-year history.

CADBURY The chairman of U.K. candy maker Cadbury says Kraft Foods is a low-growth conglomerate whose takeover offer undervalues his company. **METRO NEWS SERVICES**

ON SEPTEMBER 18th SAY GOODBYE TO LOTTO SUPER 7

To all our friends and fans,

We've had a super time. For the past 15 years, we've helped you learn to dream big and live big. And over that time, more than \$2.5 billion in prizes has been won in Ontario with LOTTO SUPER 7. But it's time for us to move on.

On September 18, 2009, it's the last LOTTO SUPER 7 draw ever.

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- **Free play prizes will be replaced by a \$2 cash prize.****

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*If there is no winning selection in a specific prize category, the prize pool of that category will be added to the prize pool of the next lower category where there is at least one winning selection provided that, in the event that there is no 5/7 winning selection, then the 5/7 prize pool will be transferred to the unclaimed prize fund. **Effective September 19, 2009 all LOTTO SUPER 7 free play prizes will be paid as \$2 cash prizes.

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Sports

Usain Bolt, left, finished his season with another win yesterday, cruising to take the 200 metres in 19.68 seconds at the World Athletics Final in Thessaloniki, Greece. Wallace Spearmon of the United States was second in 20.21 and Brendan Christian of Antigua was third in 20.65. This was the last race of the season for Bolt, who said he will return to Jamaica to celebrate his world records in the 100 and 200 at last month's world championships.

THE ASSOCIATED PRESS

613-216-7366

Last week, Niagara College introduced a new logo and wordmark, which includes a blue circle "nc" icon and a supporting logo with the phrase "my nc." The college's new tagline is "Applied Dreams." **METRO NEWS SERVICES**

Workology

EDITOR: DOUGLAS.DUNLOP@METRONews.CA

U of T calls for universities to pay up

Beginning Oct. 1, the University of Toronto will require library users from other universities in Canada to pay a fee of up to \$200 per year for using its library services. The move is drawing criticism from some graduate students who rely on U of T's rare and extensive book collection, saying they are already strapped for cash. One professor called the decision a breach of an accord that permits students, faculty, and staff from universities across the country to use library resources. **TORSTAR NEWS SERVICES**

Getting moms back to work

JON TATTRIE
for Metro Canada



As spouses lose jobs and the pressure mounts to bring in money, the recession is forcing some stay-at-home parents back into the workforce sooner than expected.

"They're dealing with the fact that their education is now old, their skill set is often not up to par,

particularly as to do with computers," says Anne Brunelle, an employment counsellor at Times Change Women's Employment Service, a not-for-profit organization based in Toronto. "It's a matter of figuring out what skill set they have been working on as stay-at-home moms that can transfer into the workforce."

Jumping back into work after a decade or more can

be scary. "They (may have been) expecting eventually to go back, but they thought they could take a bit of time. Then their spouse loses a well-paying job and they both end up looking for survival jobs so they can keep the house and keep the kids fed," Brunelle says.

Many stay-at-home parents have been involved in volunteer work through sports their kids are involved in, or may have written newsletters for the school or helped with fundraising. These are "transferable skills" that can spruce up a dusty resume.

"We have a career-planning workshop ... where women tell the stories of tasks they've done and then the rest of the group tells them what they saw as skills and accomplishments," she says.

"For women who are desperate in the short term, we figure out what they can do that is not so skilled. How can they sell themselves as someone who works at a grocery store, even though that wasn't what they had done before and they may be well overeducated for it?" she says. "It can be very difficult to say, 'I've been a librarian and have my master in library sciences, but they no longer recognize what I've got. I have to do something; do I end up working in a book store where I used to run a library?'"

Once the basic fiscal emergency has passed, parents can use courses at colleges or public libraries to



Having to go back on the job hunt after years off can be frustrating, especially if it is because your spouse is unexpectedly laid off. However, there are services out there, such as Times Change Women's Employment Services in Toronto, that can help you.

update their computer skills. Many clients Brunelle sees don't have email accounts: Get one, or you'll look outdated.

"The Facebook account you share with the kids isn't enough," she says. Then, look at furthering education. "While employers may not recognize a 15- or 20-year-old education, education institutes sometimes will."

That can slingshot you back into a career path that is satisfying — and pays the bills.

"It's a matter of figuring out what skill set they have been working on as stay-at-home moms that they can transfer into the workforce."

Anne Brunelle at Times Change Women's Employment Services

Workology in brief

STORMY DAYS AHEAD STILL FOR ONTARIO LABOUR

Although the forecast for national hiring climate is looking bright for fall, Ontario's hard-hit labour market still looks stormy, according to the latest study by Manpower Canada. The survey says that employers are cautiously optimistic about hiring prospects for the fourth quarter of 2009, from October to December. The sectors in Ontario with the best hiring intentions include wholesale and retail, finance, insurance, real estate and education, while the sectors predicting job cuts include public administration, manufacturing of durable goods, construction and public utilities. Manpower says the best places to find employment in Ontario this fall are in Cornwall, Barrie, Kingston, Thunder Bay and Kitchener/Cambridge.

STUDENTS FLOCKING TO COLLEGES IN ORDER TO GET A JOB

Fast Colleges Ontario just announced that for the third year in a row, enrollment for first-year, full-time students at Ontario colleges has significantly increased. More than 102,000 students enrolled at 24 public colleges around the province, up seven per cent from last year. This is attributed to increased recognition that colleges produce graduates who are highly trained for their chosen careers. Approximately 90 per cent of college graduates find work within six months of graduation. Many university graduates are also going back to college in order to build on their postsecondary education.

HEATHER BUCHAN/
FOR METRO CANADA

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Metro Workology exclusive: Skilled Trades

For the month of September, Metro's Workology section will be focusing on the extremely lucrative and soon to be booming employment sector of skilled trades. So be sure to read Workology and Metronews.ca/work every day.

workology **15**

Taking 'green' to the top

Green Garage founder can make your roof a living plant oasis

OddJobs

Diane Peters

Metronews.ca/oddjobs



Colin Viebrock's garage is very cool. It's custom made with stylish wooden slats on its exterior walls and a workshop inside. Plus it has a garden on the roof.

The pretty mixture of sedum, lavender, chives and other low plants lowers the surrounding air temperature — very cool — in summer, and helps insulate the garage in winter.

Viebrock, 38, had no intention of being on the cutting edge of green innovation when he sold his share of a downtown Toronto Internet company back in 2005. "I decided I wanted to build something real as opposed to things that weren't really real."

He didn't know what that was, but he'd always loved architecture and design and knew the design program AutoCAD. His garage was about to fall down and he called around trying to find someone to help him put a green roof on it. No one would work in such a small space.

So he spent the summer of 2006 rebuilding the garage and equipping it with a roof garden — the roof tilts slightly so he can



Seen here are some green roof gardens that Colin Viebrock and his company, Green Garage, have installed.

see the greenery from the third floor of his house.

The blog he wrote about the project garnered interest. So that winter he took some home renovation courses at nearby George Brown College and then launched Green Garage and began installing green roofs on everything from sheds to houses.

For existing buildings, Viebrock starts by having an engineer assess the structure to see if it can withstand a minimum of three inches of soil. (When Viebrock designs the building, he makes it tough enough to take six inches.)

Viebrock then builds up the garden in layers, including a waterproof membrane, small rocks or gravel (for drainage) and an irrigation drip line.

Then comes a special lightweight soil that's a mix of compost and crushed stones and brick, which he carried up on the roof by hand using a ladder.

Finally, Viebrock puts in the plants — he's always

experimenting to find a bigger variety that will grow on roofs.

He returns for a few visits after an install to check on the roof and do some weeding. Within about two years, garden fully fills in and needs little maintenance.

The Lowdown

Job title: Green roofer

Education/training: Learned through a home renovation program, by reading about it and doing it

Best part of the Job: "Getting in the dirt. And getting a garden in and seeing it fill out."

Worst part of the Job: "Carrying the stuff up to the roof can be a bit tricky. And telling someone they can't do a garden on their roof."

nance.

For small jobs, Viebrock will work alone using a rented van, but he'll hire a team for larger projects.

He can build a roof garden almost any time of year, but the final planting happens in just the fall and spring.

In the winter, Viebrock keeps busy doing interior designs and renovations.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Baby on the way for Brady
Tom Brady is finally talking about the good news: Wife Gisele Bündchen is, indeed, pregnant. In an interview on ESPN's SportsCenter, the 32-year-old quarterback reveals that the couple expects its baby-on-the-way in December. **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Back from the dead

Matt Damon is alive, well and promoting new movie

PHIL BROWN
for Metro Canada

Contrary to news circulating on the internet, Matt Damon is not dead. He's very much alive and was laughing about the ridiculous rumour at a TIFF press conference.

"I don't know why that happens. That's a really reckless thing to do. I had to call my parents and everything," said the actor, "I got forwarded the story and when you read it, it just gets sillier and sillier. "By the end the guy who is supposed to be my agent is quoting the lyrics from the Fresh Prince Of Bel-Air. And yet my publicist got all

these phone calls from very reputable sources. CNN called, the Boston Globe called. It was crazy."

Fortunately the living Damon was able to visit Toronto to promote *The Informant*, a new collaboration with director Steven Soderbergh in which the actor plays a bi-polar executive whistle-blower who awkwardly goes undercover for the FBI.

It's one of the actor's finest performances and one that he gained 30 pounds for, a la Robert DeNiro in *Raging Bull*.

"I sent (Steven Soderbergh) an email about two months before we were going to make it asking, 'What do you want this guy

to look like physically?' He just wrote back 'doughy,'" revealed Damon. "The rational was that Steven didn't want any hard edges on the character. He wanted him undefined as a metaphor for his personality. Of course, I only found out when I got there. I didn't question it. I just started eating," joked the actor.

Matt Damon relished his physical change for the film, "It felt fantastic. I just ate whatever I wanted and thought about nothing but the screenplay and the other actors," said Damon. "It was really nice to not think about anything else, compared to a Jason Bourne movie where I come home from work and have to go

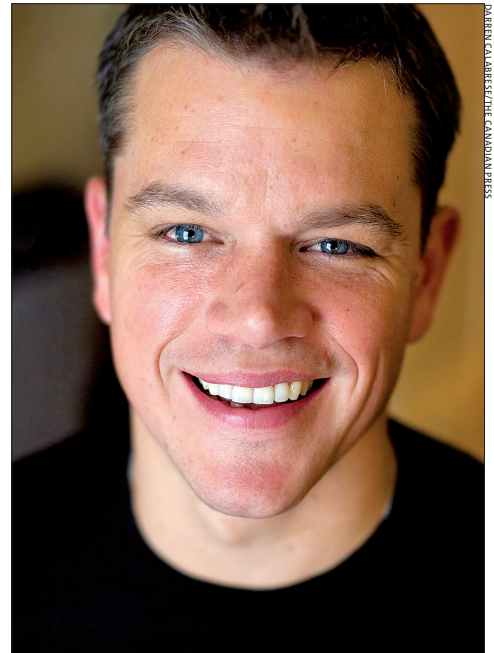
straight to the gym. It takes too much time away from my family. I just prefer to eat."

The physical change pays off dividends in an almost chameleon-like performance from Damon. The actor's strong work is the centerpiece of a movie that Damon revealed he and Soderbergh had been toying with for years. "Scott Burns wrote it seven years ago and we've been sitting on it. We would refer back to it once or twice a year and we'd examined it enough to know that all the answers we needed were in the actual text when we started shooting. It was almost like doing a play."



Role revival

Johnny Depp has confirmed he's sailing back to the Pirates of the Caribbean franchise by appearing as Captain Jack Sparrow at Friday's D23 Expo in Anaheim, Calif. **FEMALEFIRST.CO.UK**



Matt Damon is promoting new film *The Informant*.

Fey wins Emmy for Palin mimicry

Tina Fey received an Emmy Award for her impersonation of Republican vice-presidential contender Sarah Palin on the TV comedy show Saturday Night Live.

Accepting her trophy for best guest actress in a comedy, Fey thanked SNL producer Lorne Michaels and her parents, "who are life-long Republicans, for their patience."

She was honoured at the Creative Arts Primetime Emmys, which recognize technical and other achievements for the 2008-09 season and preceded next weekend's main cere-



Tina Fey

mony. Fey has the chance for more awards: She could repeat last year's win as best actress in a comedy se-

ries for 30 Rock, and the show also could again claim top comedy honours.

Justin Timberlake was another SNL winner Saturday, honoured as best guest actor in a comedy series.

On the drama side, Michael J. Fox won the guest actor award for his turn on *Rescue Me*, and Ellen Burstyn was honoured as best guest actress for *Law&Order: Special Victims Unit*.

"I always wanted one of these," Burstyn said, winning her first Emmy after being nominated five times.

Neither Timberlake nor Fox were on hand to accept.

Kathy Griffin was host of the nearly four-hour ceremony, her trademark outrageous humour intact with risque jokes and filmed bits.

The top network winner was HBO with 16 trophies, followed by NBC with 11. Fox and ABC each won eight awards, with CBS, PBS and Cartoon Network each claiming six.

PBS' *Little Dorrit*, an adaptation of the Dickens novel, was the most-honoured with four awards.

THE ASSOCIATED PRESS

Audiences shouldn't be daunted by new raw movie, Winfrey says

Oprah Winfrey says audiences shouldn't be daunted by the dark subject matter of her latest film project.

Winfrey is the executive producer of *Precious: Based on the Novel Push by Sapphire*, which is screening at the Toronto International Film Festival.

It's about an obese Harlem teen who is the victim of repeated sexual abuse.

"It is so raw that it will suck the air out of the room," Winfrey told a packed news conference yesterday.

"It's a good thing that we



Oprah Winfrey

are taken to that level of engagement."

Winfrey appeared at a news conference alongside the film's stars, including singer Mariah Carey and newcomer Gabourey Sidibe.

Winfrey said the film gives a voice to those who have experienced abuse.

THE CANADIAN PRESS

BIG COMEDY BIG LAUGHS

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MON-THURS 8PM E/P

FROM THE BEGINNING

EVERYBODY HATES CHRIS

8:30PM E/P

FROM THE BEGINNING

8 SIMPLE RULES

FOR DATING MY TEENAGE DAUGHTER

9PM E/P

WHAT I LIKE ABOUT YOU

9:30PM E/P

MALCOLM IN THE MIDDLE

8PM E/P

You don't know Jack

Jack Osbourne swears at girls when they flirt with him. The Adrenaline Junkie host hates it when women he doesn't know try to speak to him and will shout expletives at them until they leave. FEMALEFIRST.CO.UK



Stars shine for Walk of Fame

Canadian Howie Mandel almost said "no deal" to the now hugely successful game show he hosts, and audiences have his wife to thank for changing his mind.

"I actually said no to that show," Mandel, the host of Deal Or No Deal said before the 2009 Canada's Walk of Fame ceremony in Toronto Saturday.

"My wife, another bright comedian — Canadian, she's not a comedian — told me to do it and that's why I did it. I listened. She said, 'Take the deal,' and it's the best advice I ever got."

Mandel was among an eclectic cast of eight group and individual inductees this year to Canada's Walk of Fame. Actress Kim Cattrall, Musicians Blue Rodeo and Tom Cochrane, author Robert Munsch, Dsquared2 identical-twin fashion designers Dean and Dan Caten, athlete Chantal Petitclerc and the late actor Raymond Burr from TV's Perry Mason were all honoured with stars.

Also receiving her award — more than a decade late — was Canadian icon Anne



Canada's Walk of Fame inductee Kim Cattrall unveils her star in Toronto Saturday.

Murray, who said she couldn't pass up an opportunity to host the event.

"I sort of felt obligated because they awarded me this in 1998 and I didn't show up to pick it up," Murray said. "It's been 11 years, so I kind of owed them."

Mandel speculated that Canada "reproduces" — not produces — funny people because of the climate. He's found there are more laughs in colder rooms.

"If I had my druthers I never would have left (Canada)," he said. "Any time they invite me back,

I'm back. But this is the ultimate invitation."

Cattrall, best known for the Sex and the City TV show and movie, said she was deeply honoured to be inducted to Canada's Walk of Fame this year.

"More than any other award I think it's been a little daunting because Canada is so dear to me," the Little River, B.C., native said.

Munsch, a native of Pittsburgh, Pa., is the only inductee this year born outside Canada, but when he moved here with his wife it was a children's librarian in Guelph, Ont., who encouraged him to publish his stories and Munsch eventually got his Canadian citizenship.

"I don't think I would have told stories at all if I had stayed in the U.S.," Munsch said.

As the only non-artist on the bill Saturday, Chantal Petitclerc said she felt a bit like the odd one out.

"When you're an athlete you're used to being in a stadium and racing on a track and then sweating," said the decorated athlete with 21 Paralympic medals — 14 of them gold — to her name. **THE CANADIAN PRESS**

In search of husband

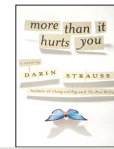


The Wife's Tale

Authors: Lori Lansens
Publisher: Knopf Canada
Price: \$29.95 (Hardcover)

Mary Gooch has grown unhealthily helpless in Leaford, Ont., drifting from her husband, decaying at a tedious job and depressed by her constant struggle with weight as a result of excessive eating. On the Gooch's 25th wedding anniversary,

Mary's husband suddenly goes missing, forcing her to find the courage she's never had to muster. Mary takes a plane to Los Angeles, Calif., spurring a cross-country trip to find her missing high school sweetheart. In the process, Mary discovers herself, introduced to social and cultural differences that change her outlook on life and mobilize her to overcome her obesity.

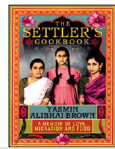


More Than It Hurts You

Author: Darin Strauss
Publisher: Plume
Price: \$18.50 (Paperback)

Long Island, N.Y., salesman Josh Golden's family and entire judgment system are shattered the day his eight-month-old son Zack is rushed to hospital. The infant had very recently suffered serious, unexplainable symptoms, but

pediatric head Dr. Darlene Stokes places diagnosis instead on Josh's wife Dori, suspecting she has Munchausen syndrome. The ailment pinpoints the parent as the cause of injury in order to gain attention, shocking Josh. Suddenly, he's pitted against his wife, lawyers, media and the state, caught up in a battle for his son, coloured by his own racial and class-based biases.



The Settler's Cookbook

Author: Yasmin Alibhai-Brown
Publisher: Protobello Books
Price: \$29.95 (Hardcover)

In Yasmin Alibhai-Brown's succulent new memoir, the multicultural commentator traces her heritage in terms of travel and the tongue. Her 19th century ancestors left India for East Africa to pursue work, then were forced from Uganda as part of an Asian purge in 1972 and finally settled in the U.K. Their historically transitioning sense of home is expressed through cultural variations on food. Alibhai-Brown has experienced, acting as equal parts family biography and cookbook. From hot mango marmalade to Jena's Shepherd's Pie, Alibhai-Brown brings readers on a palatable journey through the past.

BRIAN COULTON/
FOR METRO CANADA

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 11, according to studio estimates:

- 1 Tyler Perry's I Can Do Bad All By Myself: \$24.03 million US
- 2 \$10.9 million
- 3 Inglourious Basterds: \$6.5 million
- 4 All About Steve: \$5.8 million
- 5 The Final Destination \$5.5 million
- 6 Sorority Row: \$5.3 million
- 7 Whiteout: \$5.1 million
- 8 District 9: \$3.6 million
- 9 Julie & Julia: \$3.3 million
- 10 Gamer: \$3.15 million

THE ASSOCIATED PRESS

Kenya's Style



Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

DT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/14/09	265 353 2	TVO Time Team	ET Canada Entertainment	The Agenda With Steve Paikin	Midsomer Murders	Auschwitz: Nazi-Final Solution	Agenda-Paikin			
	211 331 3	GTV ET Canada	Entertainment	House "Under My Skin: Both Sides Now" (HDTV PA)	La Galerie (N) (SC)	Le Téléjournal Nouvelles (SC)	News Final			
	- 5 SRC	Virginie (SC)	Les Parent (N)	L'Aubeur du chien noir (SC)	Gossip Girl (N)	Russell Peters: Red, White	TJ Ontario			
	209 342 6	CHRO Degassi: TNG	TMZ (N)	Gossip Girl (HDTV)	Comedy Fest. Comedy Fest	CSI: Miami "Seeing Red"	Comedy Now			
	196 311 7	CTV etalk	Hollywood	America's Got Talent The remaining eight acts perform.	Comedy Fest. Comedy Fest	CBC News: The National	CTV News			
	208 303 8	NBC Wheel-Fortune	Jeopardy! (N)	America's Got Talent The remaining eight acts perform.	Comedy Fest. Comedy Fest	CBC News: The National	The Hour			
	- 360 9	CBC Wheel-Fortune	Jeopardy! (N)	America's Got Talent The remaining eight acts perform.	Comedy Fest. Comedy Fest	CBC News: The National	The Hour			
	117 713 10	TVA La Classe de Se (N)	Rousseau (N)	Dr. House (HDTV) (SC)	Dr. House (HDTV) (SC)	TVA nouvelles (10:45) Denis Lévesque (N)	News			
	- 11 05	La Maison de Rire et de délice	CSI: NY "Reconstitution" (SC)	Le Mentaliste (SC)	Wipe Out	L'Attaque à 5				
	137 763 12	TFO Panorama été	Météo	Visages Villages	Via savoir *** (2001, Com. Sentimentale)	Jeanne Balibar, Sergio Castellitto				
	- 362 13	CBS The Insider (N)	Judge-Brown	How I Met	TwoHalf Men "Big Bang Th	CSI: Miami "Seeing Red"	TwoHalf Men			
	216 395 14	OMN2 Raymond	According-Jim	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	Doctors			
	214 344 15	CITY Law & Order: SVU	Conviction Kitchen (HDTV)	Law & Order: UK	The Jay Leno Show (N)	News				
	115 343 16	CFMT TwoHalf Men	The Simpsons	Omni News: Italian Edition (N)	Vivere V	Omni News: The Simpsons	King of the Hill			
	218 345 18	CHCH The Purple Rose of Cairo *** (1985, Comedy-Drama)	Dreamgirls *** (2006, Musical) (HDTV)	Jamie Foxx, Beyoncé Knowles, Premiere	Dazed and Confused *** (1993, Drama)	Jason London	News at 11 (N)			
	- 361 20	ABC Action News	Entertainment	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	Revue			
	512 396 24	CPAC La Période de questions	Little House on the Prairie	L'Heure politique	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today			
	651 355 25	CTS Little House on the Prairie	Dr. Quinn, Medicine Woman	House "Under My Skin: Both Sides Now" (HDTV PA)	Life Today	This Is Day	John Hage			
	- 365 36	FOX TMZ (N)	Seinfeld	House "Under My Skin: Both Sides Now" (HDTV PA)	Life Today	FOX 2 News (N)	News			
	- 64 PBS	Business Rpt.	Folklore	Daniel O'Donnell at Home in Ireland	Visions of Ireland		Charlie Rose			
	205 312 104	CTV Hollywood	etalk	America's Got Talent The remaining eight acts perform.	CBC News: The National	Conspiracy Files Lockerbie	CTV News			
	502 390 26	NW CBC News	Our World	CBC News: Tonight	Larry King Live (N)	Anderson Cooper 360 (HDTV)	National			
	500 500 33	CNN Lou Dobbs Tonight	Campbell Brown (N)	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)				
	406 417 27	net MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.	Grands reportages (SC)	Le Téléjournal (SC)		Sportsnet Con. Sportsnet Con.	Sportsnet Con.			
	126 730 38	RDI 24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)		RDI économie	Le National			
	400 280 30	TSN NFL Football Buffalo Bills at New England Patriots. (HDTV) (Live)				NFL Football: Chargers at Raiders				
	410 403 52	SCR RaceNight				(9:15) WWE Monday Night Raw	Score Now			
	411 457 56	OLN Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters	Bounty Hunter			
	417 406 59	CLB Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	Barrett-Jackson	Car Crazy (N)			
	554 544 48	TEL Scooby-Doo	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken			
	557 540 51	FAM Wizards-Place	Han. Montana	Zack & Cody	Wizards-Place	Ned's School	Zack & Cody			
	551 542 65	YTV The Next Star "Duets"	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	The Next Star "Duets"			
	570 580 29	MTV The Daily Fix	Ranked!	Wild 'N Out	Wild 'N Out	Brooke Knows	Brooke Knows			
	615 520 31	A&E Criminal Minds (HDTV)	Intervention "Jason"	Intervention (HDTV) (N)	Hoarders (HDTV) (N)	Paranormal				
	628 584 32	SPKE UFC 103 Countdown: Franklin	(8:03) UFC Fight Night	Jon & Kate Plus 8	Jon & Kate	Jon & Kate	Ultimate Cake Off (N)			
	521 560 34	TLC Say Yes-Dress	Say Yes-Dress	Jon & Kate Plus 8	Jon & Kate	Jon & Kate	Ultimate Cake Off (N)			
	145 761 35	TV5 Secrets d'histoire	L'Art de la deco d'hier et d'aujourd'hui	Chateaux	Maritime	Bones	NCIS			
	616 521 39	SHO The Outer Limits	Loch Ness Terror (2008, Suspense)	Brian Krause	Standing in the Shadows of Motown (2002, Documentary)	Bravonews	Law & Order			
	620 523 40	BVO 6 Possibilities	Sounds Like Motown	MythBusters Sayings	Junk Raiders (N)	Dirty Jobs "Mike's Day Off"	Daily Planet			
	520 505 42	DISC Daily Planet (N)	Canadian Country Music Awards (N)	10 Pounds	10 Pounds	Re-Vamped Sore and tired.	Plastic-Perfect			
	575 583 43	CMT On Tour (N)	Rich Poor	Rich Poor	Corner Gas	Name Is Earl	House-Payne			
	601 562 45	SLC Rich Poor	Rich Poor	Rich Poor	Corner Gas	Name Is Earl	House-Payne			
	625 548 46	COM Air Force	22 Minutes	House-Payne	House-Payne	Income Prop.	Star Trek: Voyager			
	294 529 47	TBS Family Guy	Family Guy	House-Payne	House-Payne	Income Prop.	Star Trek: Voyager			
	600 564 49	H&G House Hunters	Property Virgin	For Rent	Income Prop.	Star Trek: Voyager	Star Trek: Voyager			
	627 528 50	S&P Stargate Atlantis	(DVS)	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager			
	581 566 53	MTV MTV Cribs	After	MTV News	Parent Control	ET Canada	Comeback			
	618 524 54	TROP Raymond	Raymond	Patton 360 (HDTV)	Battles BC (N)	Science du sport	McLeod's Daughters			
	522 506 55	HIS Hitler's Stealth Fighter	Les Grands travaux (HDTV)	Green Grass	Summer Wine	Friends	Grocery Bag			
	129 773 60	CD Biographies "Cate Blanchett"	Murder, She Wrote	Old Christine	Friends	Friends	Grocery Bag			
	261 394 61	V Murder, She Wrote	Nukum	Kumusham	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	The Dr. Oz Show (N)			
	502 567 62	W Old Christine	Friends	Friends	Grocery Bag	Vipères (2002, Suspense)	Jessica Paré, Sarain Boylan			
	269 530 70	APLN Look-A-Like	TMZ	The Food Jammers	Food Jammers	At the Table	At the Table			
	621 527 71	TKN Ricardo	David Rocco	Food Jammers	Food Jammers	At the Table	At the Table			
	603 561 95	FN Ricardo	David Rocco	Food Jammers	Food Jammers	At the Table	At the Table			

critics'corner

Junk Raiders

In this new series, though, lots of people's trash becomes someone else's home. Armed with \$5,000 and mad trash-picking skills, a group transforms an old factory space into a functional and attractive loft for living and working — using items other people have thrown out. You'll pick up some ideas for reusing old stuff. 9 PM on 42 DIS



How I Met Your Mother

After Ted nearly kills himself pulling an all-nighter to attract business, he starts to wonder if he should explore other career options. Marshall tries to lure Ted to the roof for a surprise 31st birthday party in "The Leap." 8:30 PM on 13 CBS

Intervention

The phrase "a very special episode" is worn out by now, but this hour — titled "Intervention in Depth: Addiction in Uniform" — definitely qualifies with its poignant yet inspiring depiction of three Iraq veterans who have fallen into substance abuse as a result of their wartime experiences. 9 PM on 31 A&E



As the only male in a household of four females, Matt Damon's life is filled with love and fairy princesses. "I call it the testosterone deficit. But I'm happy with that," he told People at Friday's premiere of *The Informant* at the Toronto International Film Festival. **METRO NEWS SERVICES**

Damon's outnumbered

Celebrity Buzz

Stewart decks the halls with garlic to ward off vampires

LIFE IMITATING ART Kristen Stewart is scared of vampires, femalefirst.co.uk reports. The *Twilight* actress, who plays Bella in the vampire film franchise, is so terrified of the mythical blood-sucking creatures that she festoons her home with cloves of garlic



to deter them. A source told National Enquirer magazine: "People are always remarking how smelly it is, but Kristen doesn't care. She's been afraid of vampires for years, even before she signed up to do the movies, and read somewhere that garlic is supposed to repel them."

METRO NEWS SERVICES

Crew members blast Fox online

BUNFIGHT Crew members from Megan Fox's last *Transformers* film are lashing out at the actress, writing in an open letter on the film's blog that they've all shared "the tedious experience of working with the dumb-as-a-rock Megan Fox," and that they "had the unbearable time of watching her try to act on set," according



to Radar Online. The unidentified crew members were coming to the defense of Michael Bay after Fox recently trashed the director, comparing him to Hitler. Bay "plucked her out of obscurity thus giving her the biggest shot of any young actress's life," the letter reads. "She's as about ungracious a person as you can ever fathom." **METRO WORLD NEWS**

Tila Tequila decries D.A.'s decision

INVESTIGATION Charges against Shawne Merriman alleging that he assaulted and choked girlfriend Tila Tequila have been dropped, according to the New York Daily News. "Our office has determined there is insufficient evidence to prove beyond a reasonable doubt that any crime was committed," a po-



lice spokeswoman said in a statement. Tequila was less than thrilled with the decision. "Obviously, The San Diego Chargers' NFL franchise brings millions of dollars in revenue to the city of San Diego, and it seems clear that other interests are being served by the D.A.'s office than the upholding of the law," her publicist said in a statement. **METRO WORLD NEWS**

No Idol judging for Gaga

JUDGE NOT LEST YE BE JUDGED Lady Gaga hates TV talent shows, femalefirst.co.uk reports. The singer has no interest in being a judge on *American Idol*, insisting she would find it difficult to criticize someone else's talent.

She said: "I did appear on the show but I am not going to be a judge. I generally feel uncomfortable judging other artists anyway. I don't feel that a musician's life is a contest." Gaga has also slammed shows that thrust new artists straight into the limelight, claiming they should spend time nurturing their talent.

She said: "It's more about growing and strug-

gling and playing live. It would be very uncomfortable for me to judge someone else." A host of celebrity judges including Victoria Beckham, Shania Twain and Mary J. Blige have ap-

peared on *American Idol* after Paula Abdul decided not to return for the new season. Last week, it was announced Ellen DeGeneres has replaced Paula on the judging panel, alongside Simon Cowell, Randy Jackson and Kara DioGuardi.

METRO NEWS SERVICES



Travolta family appears at film launch

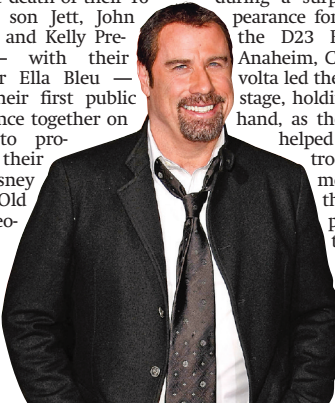
BEREAVEMENT Nine months after the death of their 16-year-old son Jett, John Travolta and Kelly Preston — with their daughter Ella Bleu — made their first public appearance together on Friday to promote their new Disney film *Old Dogs*, people.com reports.

Walt Disney Studios Chairman Dick Cook introduced the family during a surprise appearance for fans at the D23 Expo in Anaheim, Calif. Travolta led the way on stage, holding Ella's hand, as the family helped Cook introduce the movie. All three appear in the comedy, which marks Ella's big screen debut.

According to the Associated Press, Travolta told the crowd, "I always appreciate the audience's love for me."

While his wife returned to work in recent months to star opposite Miley Cyrus in *The Last Song*, Travolta has kept out of the public eye, instead flying to various locations alone to privately cope with his grief.

Preston was expected to speak in October at the California Governor's Conference for Women on a panel titled *Grief & Resilience* but she bowed out last month saying it was "just too soon" to discuss Jett's passing. **METRO NEWS SERVICES**



Surgery created 'perfect storm,' explains Mischa

TIME TO GET A NEW DENTIST Mischa Barton is finally telling her own side of the story of how she wound up in a psychiatric ward in July. Barton claims the pain from a botched wisdom teeth removal sent her over the edge. "It was sort of one of those things that was like a perfect storm," Barton told Barbara Walters on the View. "I had so much work to do and the surgery had gone so badly for me. And I think that I was just starting to feel completely overwhelmed. It was just too much to have this surgery go so wrong."

METRO WORLD NEWS



Jen and Gerard keep 'em guessing

IDLE SPECULATION Observers can't figure out if Jennifer Aniston and Gerard Butler are an item or not. Recently, the pair grabbed dinner in Los Angeles — with four other people. "It was not a romantic date, nor did they kiss. They didn't even sit next to each other," a source tells Us magazine.

METRO WORLD NEWS



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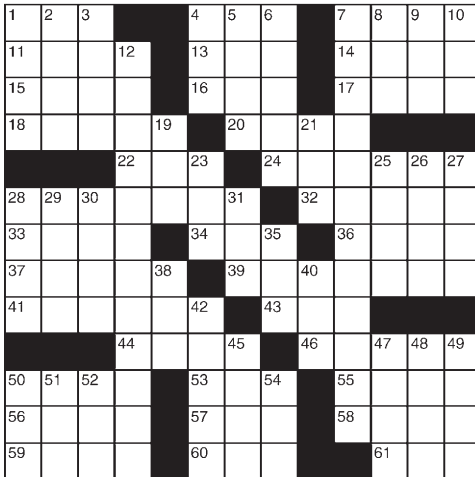
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Take Five



ACROSS

- 1 Friend
- 4 Vacationing
- 7 Fried-eggs side order
- 11 Newscaster Seavareid
- 13 Winter ailment
- 14 54-Down, to a biologist
- 15 Bullets, etc.
- 16 Pitch
- 17 Abound
- 18 Church council
- 20 Phil Mickelson's game
- 22 High tennis shot
- 24 Cheered (for)
- 28 Remote, unfamiliar territory
- 32 Fret
- 33 Taj Mahal city
- 34 Joan of —
- 36 Colour quality
- 37 Sportscaster
- Musburger
- 39 Judge
- 41 Spool
- 43 Thither
- 44 For fear that
- 46 Lecherous looker
- 50 Quaker pronoun
- 53 Exist
- 55 Tittle
- 56 Pig's sound
- 57 Schlep
- 58 Nip and —
- 59 Duel tool
- 60 "Family Guy" daughter
- 61 Popular article

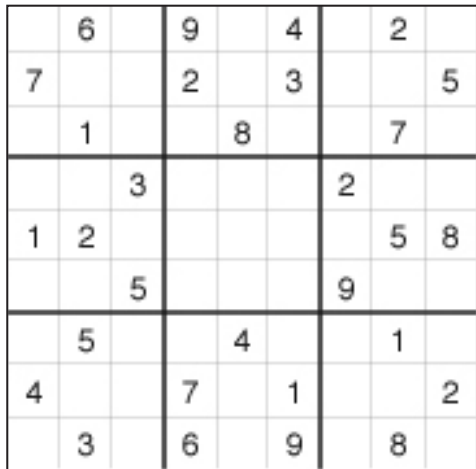
DOWN

- 1 Carrots' mates
- 2 Soldiers
- 3 Depict
- 4 Frequently
- 5 Banner
- 6 Uproar
- 7 Running fast
- 8 "Hail!" in old Rome
- 9 Take to court
- 10 "Let me think, ..."
- 12 1967 Paul Newman movie
- 19 Buck's mate
- 21 Depressed
- 23 Bikini half
- 25 Jog
- 26 Sea eagle
- 27 Colour worker
- 28 Apprehends
- 29 Fairy tale baddie
- 30 Small songbird
- 31 Historic time
- 35 Weep
- 38 Calendar abbr.
- 40 Greet the villain
- 42 Song of praise
- 45 Authentic
- 47 Lummo
- 48 Engrave
- 49 Gather leaves
- 50 Pirouette pivot
- 51 With it
- 52 Inseparable
- 54 Early bird?

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	9	2	6	1	8	3	5	4
4	6	8	7	5	3	1	9	2
5	1	3	9	4	2	8	7	6
2	7	4	1	9	5	6	3	8
9	5	1	8	3	6	2	4	7
8	3	6	4	2	7	5	1	9
3	4	9	2	8	1	7	6	5
1	8	7	5	6	4	9	2	3
6	2	5	3	7	9	4	8	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Others may be impatient for you to commit yourself but if you are smart, you will hold back from getting involved.

TAURUS
APRIL 21-MAY 21
Even your best-laid plans may fall apart at the seams today, so don't expect too much. Try to adopt a relaxed and forgiving attitude.

LIBRA
SEPT 23-OCT 23
You may find it hard to control your emotions today as Jupiter, planet of exaggeration, brings out the jealous side of your nature.

SCORPIO
OCT 24-NOV 22
Certain people are determined to find fault with your efforts and all you can do is sit tight and wait for the storm to blow over.

GEMINI
MAY 22-JUNE 21
Don't worry too much if things don't work out as expected today because it's only a temporary setback. Have more patience with yourself.

SAGITTARIUS
NOV 23-DEC 21
Close your ears to gossip and rumour because hardly any of what you hear over the next 24 hours will be true.

CANCER
JUNE 22-JULY 22
No matter how much others may beg you to loosen the purse strings today you must continue to say no.

CAPRICORN
DEC 22-JAN 20
You may be tempted to get involved in a situation that you know is none of your business. Don't do it!

LEO
JULY 23-AUG 23
Passions will be running high today and there is no telling where they might lead, so think before you speak.

AQUARIUS
JAN 21-FEB 18
The more others urge you to make changes the more you must resist. Sit tight. Things will get better.

VIRGO
AUG 24-SEPT 22
Temptation will come knocking today and you will have a hard time saying no. The planets warn that if you give in, you may regret it later on.

PISCES
FEB 19-MARCH 20
Something you have grown used to will go out of your life today but the fact is it has been taking up more space than it deserves for quite some time.

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BY TRICKY RICKY KANE

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- Not any theater seat section (1)
- Mausoleum's cigarette vapors (1)
- Comic Rudner's falafel breads (2)
- Achiever points keeper (2)
- Deed holder's printers supplies (2)
- Money-owing person's mail (2)
- Affection for a non-brunette quality (2)

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